

# JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:00- Morning Stretch <sup>1</sup> 10:30- Hanukkah Craft and Coffee- Bistro 1:00- New Years Vision Boards 2:00- <b>Bingo in the Bistro</b> 3:30- Yahtzee Fun in Activity Room <b>New Year's Day</b>	10:00- Strength Training <sup>2</sup> 10:30- <b>Cream Puffs &amp; Coffee Social in Bistro</b> 1:00- Nature Documentary 2:30- <b>Entertainment w/ Gemini</b> 3:30- Heritage House Calls	10:00- Exercise w/ Spiro <sup>3</sup> 10:30- Left, Right, Center Dice Game 1:30- Chocolate Creation Fun in Activity Room 2:30- <b>TGIF- Happy Hour</b> 3:45- Puzzle Corner	10:00- Morning Stretch <sup>4</sup> 10:30- Trivia in Bistro 1:30- Heritage Hikers 2:00- <b>Bingo in the Bistro</b> 3:30- Resident Led Games 4:00- Heritage House Calls
10:00- Exercise w/ Spiro <sup>5</sup> 10:30- <b>Coffee &amp; Donut Social- Bistro</b> 1:15- Heritage Hikers 2:30- Monopoly Through the Years 3:30- Heritage House Calls	10:00- Strength Training <sup>6</sup> 10:30- <b>Manicure Monday</b> 1:30- Heritage Hikers 2:00- <b>Armchair Travel: Italy- Bistro</b> 3:00- National Beans Day Fun- Bistro	10:00- Morning Stretch <sup>7</sup> 10:30- Audiobook Club 1:15- Communion & Rosary (IL DR) 2:00- <b>Flower Arranging</b> 3:45- Puzzle Corner in Activity Room	10:00- Exercise w/ Spiro <sup>8</sup> 10:30- Heritage House Calls 11:00- Card Making in Bistro 1:15- Snowflake Crafting 2:00- <b>Bingo in the Bistro</b> 3:15- Word Games in Bistro	10:00- Strength Training <sup>9</sup> 10:30- <b>Coffee &amp; Donut Social</b> 1:30- Cards for Law Enforcement 2:30- <b>Entertainment w/Northern Comfort</b> 4:00- Snowball Toss	10:00- Morning Stretch <sup>10</sup> 10:30- Positive Affirmations Jar Craft 1:30- Heritage Hikers 2:30- <b>TGIF Happy Hour</b> 3:30- Bowling in the Bistro	10:00- Morning Meditation <sup>11</sup> 10:30- Audiobook Club 1:15- Treasure Hunt 2:00- <b>Bingo in the Bistro</b> 3:00- Resident Led Games 3:30- Heritage House Calls
10:00- Strength Training <sup>12</sup> 10:30- <b>Coffee &amp; Donut Social- Bistro</b> 1:30- Heritage House Calls 2:00- Tea Party in the Bistro 3:00- Trivia w/ Dynseo	10:00- Morning Stretch <sup>13</sup> 10:30- <b>Manicure Monday</b> 1:30- Heritage Hikers 2:00- <b>Armchair Travel: Kiribati-Bistro</b> 3:00- Rubber Ducky Day Fun	9:30- Morning Meditation <sup>14</sup> 10:00- Pet Therapy w/ Harper Lee 1:15- Poetry Café in Bistro 2:30- <b>Resident Council</b> 3:00- <b>Flower Arranging</b>	10:00- Strength Training <sup>15</sup> 10:30- Audiobook Club 1:30- Heritage Hikers 2:00- <b>Bingo in the Bistro</b> 3:00- Left, Right, Center (Dice Game) in Activity Room	10:00- Exercise w/ Spiro <sup>16</sup> 10:30- <b>Coffee &amp; Donut Social</b> 1:30- Heritage Hikers 2:30- <b>Entertainment w/ Cameron Webb</b> 3:45- Watercolor Painting	10:00- Morning Stretch <sup>17</sup> 10:30- Bootleggers of the Past- in Bistro 1:30- Heritage House Calls 2:30- <b>TGIF Happy Hour</b> 3:00- Popeye the Sailor Day Fun- in Bistro	10:00- Exercise w/ Spiro <sup>18</sup> 10:30- Audiobook Club 1:00- Winnie the Pooh Day Fun 2:00- <b>Bingo in the Bistro</b> 3:00- UNO 3:30- Heritage House Calls
10:00- Morning Meditation <sup>19</sup> 10:30- <b>Coffee &amp; Donut Social- Bistro</b> 1:30- Heritage Hikers 2:00- Popcorn Day Fun- Bistro 3:30- Crafting w/ Kristie	10:00- Strength Training <sup>20</sup> 10:30- <b>Manicure Monday</b> 1:30- Heritage Hikers 2:00- <b>Armchair Travel: Egypt</b> 3:30- Charcuterie Board Making- National Cheese Day <b>Martin Luther King</b>	10:00- Morning Stretch <sup>21</sup> 10:30- Pet Therapy 1:15- Communion & Rosary (IL DR) 2:00- <b>Flower Arranging</b> 3:30- Audiobook Club	10:00- Exercise w/ Spiro <sup>22</sup> 10:30- Polka Dot Day Fun 1:30- Heritage Hikers 2:00- <b>Bingo in the Bistro</b> 3:15- Word Games in Activity Room	10:00- Morning Stretch <sup>23</sup> 10:30- <b>Coffee &amp; Donut Social</b> 1:30- Audiobook Club 2:30- <b>Entertainment w/ Davis Beck</b> 3:45- Heritage House Calls	10:00- Strength Training <sup>24</sup> 10:30- Joke Telling in Bistro 11:00- Laughter Therapy Chat 1:30- Heritage House Calls 2:30- <b>TGIF Happy Hour</b> 3:30- Puzzle Corner	10:00- Morning Meditation <sup>25</sup> 10:30- Opposite Day Fun in Bistro 1:30- Heritage Hikers 2:00- <b>Bingo in the Bistro</b> 3:00- Audiobook Club
10:00- Exercise w/ Spiro <sup>26</sup> 10:30- <b>Coffee &amp; Donut Social</b> 1:30- Heritage House Calls 2:00- Midday Matinee: The Bucket List in 2 <sup>nd</sup> FL Theater 3:30- UNO w/ Brittany	10:00- Morning Stretch <sup>27</sup> 10:30- <b>Manicure Monday</b> 1:30- Trivia w/ Dynseo 2:00- <b>Armchair Travel: Iceland- Bistro</b> 3:30- National Geographic Day Fun- Bistro	10:00- Strength Training <sup>28</sup> 10:30- Audiobook Club 1:30- Trivia w/ Dynseo 2:00- <b>Flower Arranging</b> 3:30- Heritage House Calls 4:00- Resident Led Games	10:00- Morning Meditation <sup>29</sup> 10:30- Trivia w/ Dynseo 1:30- Indoor Snowball Toss 2:00- <b>Bingo in the Bistro</b> 3:15- Yahtzee in the Bistro 4:00- Heritage House Calls	10:00- Exercise w/ Spiro <sup>30</sup> 10:30- <b>Coffee &amp; Donut Social</b> 1:30- Heritage Hikers 2:30- <b>Entertainment w/ Randy Plunkett</b> 3:45- Coloring Club	10:00- Morning Stretch <sup>31</sup> 10:30- Arts, Crafts, and Fun 1:30- Audiobook Club 2:30- <b>TGIF Happy Hour: Art Showcase</b> 3:30- Trivia w/ Dynseo	

**SPECIAL EVENTS**

TGIF Happy Hour Fridays at 2:30pm  
Armchair Travel: Monday Afternoons

*\*All activities are subject to change when necessary. Residents' families are invited to participate in community events.*